

Fresh Fruit and Vegetable Program PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services

Broccoli

Broccoli is good for you because: they are an excellent source of Vitamin K, C, A, Iron and Fiber. Broccoli is a cruciferous vegetable and those types of vegetables have been shown to fight off cancer!

Farm to School ~

China and India are the two largest producers of broccoli in the world. They both produce over 16 times the amount than the next top producer.

Selection and Storage ~

Choose broccoli with bright green heads and with tight closed flowerets. Avoid any yellow flowering and very thick stems. Store in the fridge for up to 5 days.

Origin ~ Where did it come from?

First grown in the Mediterranean (think Italy, Greece, Turkey), it made it's way to Northern Europe and eventually England. England liked the vegetable so much that they brought it with them to the States.

Fun Facts



Broccoli is actually a member of the cabbage family, just like cauliflower and brussels sprouts.

A specific type Broccoli was brought to America by our former president Thomas Jefferson, who brought them from Italy, he liked them that much that he had his own garden of them



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